

## What you need to Be Tobacco Free!

The “Missing Link in Prevention Curriculum” focuses on personal and social skills that teach you how to avoid potentially dangerous or harmful behavior.

### The four sessions cover:

- Validating Perceived Social Norms:  
Not everyone is doing it!
- Self Control: How can I stay in control when tempted to engage in harmful behavior?
- Refusing: How do I walk away from potentially dangerous activities?
- Put it out: What is in a cigarette and second-hand smoke?

## Who Can Join?

If you are in the 6-12 grades, you can join the Be Tobacco Free Prevention Program.

It is offered through teen centers, community centers, school programs, treatment centers, and faith-based organizations.

This is a FREE program. You will receive: tobacco-free prevention materials, tobacco-free branded incentives, worksheets from each session, a pledge card, and a certificate of completion.

To celebrate your commitment, we will have a pizza party at the last session.

Take advantage of this free program to learn vital information that may save your life.

## Did you know?

- Smoking a pack a day for a whole year will cost you about \$1,200.
- Smoking can decrease your life expectancy by as much as 15-25 years.
- Smoking does not calm your nerves, and can actually increase your anxiety.
- Among high school seniors who smoke 1-5 cigarettes a day, 70% will still be smoking and risking their health 5 years later.
- It takes 25 years for a cigarette butt to decompose.
- Cigarettes contain over 4,000 chemicals.
- Each year in the U.S. there are more tobacco-related deaths than deaths from AIDS, car accidents, murders, suicide, drug overdoses and fires combined.
- Each cigarette cuts 11 minutes from your life expectancy.
- On average, if you and 2 of your friends become regular smokers, one of you will die of a smoking related disease. Is it really worth it?



## Did you know?

- If you smoke 2 or 3 cigarettes a day, you can get hooked in just 2 weeks.
- If you are a girl who smokes, you are 7 times more likely to grow facial hair.
- If you smoke, you are 3 times more likely to be out of breath when you play sports.
- Nicotine narrows your blood vessels and puts extra strain on your heart.
- Cigars and spit tobacco are not safe alternatives to smoking.
- Once you get hooked, the average length of time you will smoke is 17 years.
- Smoking is the major cause of heart disease.
- As a smoker, you are 1 1/2 more times likely than non-smokers to lose your teeth.
- Cigarette smoke contains carbon monoxide, the same poisonous gas in car exhaust.
- Smokers are admitted to hospitals twice as often as nonsmokers.

This FREE and informative program is funded by the Virginia Tobacco Settlement Foundation (VTSF), and sponsored by the Fairfax County Department of Community and Recreation Services. To find out more information, visit the VTSF and CRS websites.

[www.vtsf.org](http://www.vtsf.org)  
[www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec)

Teen Services Division  
12011 Government Center Parkway  
10<sup>th</sup> Floor, Fairfax, VA 22035  
Phone: 703-324-5213, TTY 703-222-9693  
Email: [janet.long-young@fairfaxcounty.gov](mailto:janet.long-young@fairfaxcounty.gov)



CRS is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request accommodations, call 703-324-TEEN, TTY 703-222-9693. Please allow a minimum of 10 working days in advance of event to make the necessary arrangements.

pub 03/05 log 421

## “Be Tobacco Free”



## Prevention Program for Youth

Janet Young  
Fairfax County Department of  
Community and Recreation Services  
Tobacco Prevention  
Program Coordinator  
703-324-5213, TTY 703-222-9693